Gene Wilder
1933 - 2016

'He blessed every film with his magic'

Mel Brooks metroLIFE

20 boats, 3,000 refugees and one harrowing day
metroNEWS

Toronto metro

Your essential daily news | TUESDAY, AUGUST 30, 2016 | High 30°C/Low 21°C Chance of showers

LOUD, EH!? WHAT?!

Urban noise is making it nearly impossible for songbirds to communicate with a friend — or worse, a potential mate

metroNEWS

Relief for Toronto wait staff

LABOUR

Provincial plan to crack down on abuse in restaurants

Ontario's Ministry of Labour is launching a new initiative to prevent abuse in the restaurant industry, after sustained criticism for failing to hold law-breaking bosses to account, Torstar News Service has learned.

The pilot project will bring together employers and labour groups to identify major risks to workers' rights in the sector, according to ministry documents. It will be led by the ministry's corporate risk officer, Sujoy Dey, who spearheaded a similar process to reduce accidents, injuries, and deaths in Ontario mines.

Labour groups have repeatedly identified the restaurant industry as one of the worst for workplace violations, and Torstar News Service investigations into wage theft across the province — and in particular the restaurant sector — have revealed around one-third of stolen entitlements in Ontario are never recovered. Workers have lost out on $28 million over the past six years because the ministry failed to collect the money owed to them, recent research shows.

In a statement to Torstar News Service, a Ministry of Labour spokesperson confirmed that the project would launch this fall, and would work with "key stakeholders representing employers and employees in the restaurant sector."

"The goal of this exercise is to identify and gain better insights into the causative factors that could lead to employment standards contraventions in the restaurant sector," the statement added.

The Ontario government has commissioned an overall review of its employment and labour laws with an eye to providing better protection for precarious workers. In its interim report released last month, the special advisers leading that process said the province faces extensive problems enforcing basic employment standards.

"While most employers likely comply or try to comply with the ESA, we conclude that there are too many people in too many workplaces who do not receive their basic rights," the report reads.

The pilot comes as the ministry already appears to be ramping up enforcement: recently, an employer was jailed for a day for failing to pay his workers' wages — only the sixth time in the past two decades a prison sentence has been imposed. In the first half of this year, there have already been 76 prosecutions imposing significant fines on law-breaking bosses. In 2015, there were fewer than 70 prosecutions and in 2014 there were just eight.

TORSTAR NEWS SERVICE

Join in. Choose the best TV service.

Join the thousands who choose Fibe TV each month. With jaw-dropping 4K picture quality available[1] and a unique combination of features, Fibe TV makes TV better:

- Watch 450 live and on demand channels on mobile devices[2]
- Restart shows from the past 30 hours[3]
- Access CraveTV™ and Netflix without extra equipment[4]
- Move your TV where you want with our wireless receiver[5]

Get Fibe TV in a bundle and enjoy $37* off the regular price EVERY MONTH FOR 2 YEARS

Right now, pay only:

FROM $109.85/MO.[6]

- ✓ TV with our Whole Home PVR included[7]
- ✓ 25 Mbps Internet and Wi-Fi
- ✓ Reliable home phone

Current regular price of $146.85/mo. Subject to change.

Guaranteed savings of over $880 in your first 2 years.

A one-time installation fee of $49.95 applies with a 2-year agreement.[8]

*Applies to full billing periods.[9]

1 877 288-5951 • Visit a Bell store • bell.ca/fibetv

Fibe | Bell

Get expert advice today.
Visit a Bell store near you:

AJAX
- Durham Centre

AURORA
- SmartCentres Aurora

BARRIE
- 44 Cedar Point Dr.
- 632 Yonge St.
- Georgian Mall
- SmartCentres Barrie South

BRAMPTON
- 100 Great Lakes Dr.
- Bramalea City Centre
- Shoppers World

BURLINGTON
- 1100 Walker's Line
- Appleby Crossing
- Burlington Mall
- Mapleview Centre

CAMBRIDGE
- 499 Hespeler Rd.
- Cambridge Centre

DUNDAS
- 101 Osler Dr.

ETOBICOKE
- Cloverdale Mall
- Sherway Gardens
- Woodbine Centre

GEORGETOWN
- 330 Guelph St.

GUELPH
- 5 Clair Rd. W.
- Stone Road Mall

HAMILTON
- 1289 Upper James St.
- Eastgate Square
- Jackson Square
- Lime Ridge Mall

MAPLE
- Rutherford Market Place

MARKHAM
- 7357 Woodbine Ave.
- Markville Shopping Centre
- Pacific Mall

MILTON
- 377 Main St. E.

MISSISSAUGA
- 980 Eglinton Ave. E.
- Creekside Crossing
- Dixie Value Mall
- Erin Mills Town Centre
- Heartland Power Centre
- Sheridan Centre
- SmartCentres Westgate
- Square One Shopping Centre

NEWMARKET
- Upper Canada Mall

NORTH YORK
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Fairview Mall
- Lawrence Square
- North York Sheridan Mall
- Shops at Don Mills
- Yorkgate Mall

OAKVILLE
- 478 Dundas St. W.
- Oakville Place

OSHAWA
- Oshawa Centre
- Oshawa Sobeys Plaza

PICKERING
- Pickering Town Centre

RICHMOND HILL
- Hillcrest Mall

SCARBOROUGH
- 259 Morningside Ave.
- Eglinton Square
- Malvern Town Centre
- Scarborough Town Centre

THORNHILL
- Promenade Mall

TORONTO
- 120 Adelaide St. W.
- 2256 Bloor St. W.
- 2171 Queen St. E.
- 2323 Yonge St.
- Chinatown Centre
- College Park
- Dufferin Mall
- East York Town Centre
- Gerrard Square
- Holt Renfrew Centre
- Scotia Plaza
- The Stockyards Shopping Centre
- Toronto Eaton Centre
- Yorkdale Shopping Centre

VAUGHAN
- Vaughan Mills

WHITBY
- SmartCentres Whitby
- Whitby Mall

WOODBRIDGE
- 4080 Highway 7

Also available at:

The Source | Tbooth wireless | Wirelesswave

Current as of August 14, 2016. Offer ends September 30, 2016. Available to residential customers in Ontario where access and technology permit. Subject to change without notice; not combinable with other offers. The Bundle Program may be changed/terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of term; see bell.ca/bundledetails. Taxes extra and restrictions apply. For certain offers, customer must select e-bill and create MyBell profile. Early termination charges may apply. Fibe Internet 25: Modem rental required; one-time modem rental fee waived for new customers. Up to 25 Mbps download speeds. Upload access speeds will vary depending on the distance between the customer's modem and switching equipment from Bell: min. 0.9 Mbps and max. 10 Mbps. Speeds on the Internet may vary with your computer equipment, configuration, Internet traffic, simultaneous use of IPTV (if available), server or other factors; see bell.ca/Internet. Internet usage: 125 GB/mo., $3/additional 03 (max. $130/mo.). Home phone available where not CRTC-regulated. Service area change ($4/mo.) may apply; see bell.ca/servicareacharge. By default, Canada and U.S. long distance is 40¢/min. and $2.95 network charge applies on first call placed during each full billing period. (1) 4K picture quality requires 4K PVR. (2) With select compatible Apple and Android devices. Requires Mobile network or Wi-Fi connection. Select live channels and on demand programming can only be viewed if included in your Fibe TV subscription and may vary if viewed over Wi-Fi at home (more content) vs. outside your home. Content viewed over Wi-Fi at home will count towards your monthly Internet data usage. Mobile data charges may apply. TV control features are only available within your home. Channels/content subject to change without notice and blackout periods may apply. Other conditions apply. To download the Bell TV app and for more details, see bell.ca/bellvepp. (3) Available with select channels/content, excluding U.S. networks and non-local content, and subject to viewing limitations. (4) A separate subscription to Netflix and CraveTV service is required to view content. Viewing content on Netflix will count towards your monthly Internet data usage. (5) Only the PVR needs to be wired to the service. A wireless receiver ($7/mo. Rental plan or $199 purchase) needs to be connected to each additional TV (up to 5) and to a power outlet. Customer responsible for use of wireless receiver. Do not expose to heat sources, rain or damp and temperature extremes. Range of wireless signal may vary due to electromagnetic interference, home construction material, obstructions and other environmental factors. (6) Available to new customers who subscribe to a Fibe TV, Internet and Home phone bundle and existing Home phone customers adding Fibe TV and Internet. $109.84 promotional monthly rate is based on a promotional credit applied to regular price and based on the continued subscription to: Fibe TV Good package: $63.95/mo., plus $3 Digital Service Fee, less $23/mo. credit for 24 full billing periods, less $7/mo. bundle discount; Fibe Internet 25: $89.95/mo., less $14/mo. credit for 24 full billing periods; and Home phone Lite: $36.94/mo., less $12/mo. discount. Promotional price will apply to your first full 30-day billing period and for each full billing period after that, for the duration of your promotion. A billing period may not start on the day of the subscription to our services. Regular price will apply for services delivered prior to the first full 30-day billing period or if Bell terminates your services during a 30-day billing period. All prices are subject to change. (7) $0 rental based on $15 monthly rental fee, less a $15 monthly credit. Available to new Bell TV subscribers with continued subscription to three eligible Bell services; see bell.ca/bundle. The receiver remains Bell's property. You may terminate your rental at any time provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. (8) Fibe TV: Installation charges are $199.95 without a term. Includes installation of modem, Whole Home HD PVR and up to 2 additional HD receivers; see bell.ca/FibetvInstall for details. $50 installation fee for each additional receiver. Internet: conditions apply; see bell.ca/fullinstall. Home phone: installation includes one jack at the service entry point where none present; installation fee is $75 for the 1st additional jack, $50 for every subsequent jack. CraveTV and all associated designs are trademarks of 7680155 Canada Inc., used under license. Fibe is a trademark of Bell Canada.

metro NEWS
Your essential daily news

Heads of Facebook, Catholic Church meet in the Vatican. **World**

Young mom hacks condo life

Top left: Emily Runions made the most of her one-bedroom by turning what was supposed to be a den into a space for her daughter.

Top right: Emily Runions has also maximized her main living area by going with a smaller desk and, overall, more streamlined furniture. STEVEN GOETZ/FOR METRO

INTERIOR DESIGN

One-bedroom unit turned into functional living space

May Warren
Metro | Toronto

Dogs outnumber kids in Emily Runions' condo-dominated neighbourhood.

"I've been told on more than one occasion, this isn't a place to raise children," the young mom said.

But, that doesn't mean she and her nine-year-old daughter Sadie are leaving their 635-square-foot Liberty Village space any time soon.

They're one of nine families profiled by the city for a project called "condo hack" that looks at the real-life experiences of families trying to squeeze their lives into smaller city spots.

"If you look at things from a floor plan you're like, 'How am I going to make this work?' But we did," Runions said about her one-bedroom condo.

"I love being in the city because of everything that's here. I love being able to walk out of my doors and having a hundred things to do at our fingertips."

Using Ikea as her "hotspot," Runions made the most of her nine-foot ceilings by installing a loft bed for her daughter in what was marked as a den on the original floor plans. She also created her own closets by adding standalone storage.

"I have people over, I entertain, I don't want Rainbow Bright and toy ponies just hanging out," she said with a laugh.

Ann-Marie Nasr, manager of strategic initiatives for city planning, said the "condo hacks" project is part of the city's effort to help plan for raising children in tight spaces.

The families' experiences, and recommendations for what buildings could do better, will form part of a handbook and recommendations that will go to council in 2017.

"What we're trying to do is really look at the liability of our condo housing stock," Nasr said.

Lack of storage space — one family kept a stroller in the bathtub — has been a common theme along with rethinking hallways and lobbies to make the best use of common areas.

If condos are designed with kids in mind, starting a family shouldn't necessarily have to mean leaving a city you love for the suburbs, Nasr said.

GET OUT OF DEBT
WITHOUT BANKRUPTCY
WITHOUT LOANS
FREE CALL
310-9200
WWW.DAVIDSKLAR.COM

DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee
DAVID SKLAR, CPA, CIRP, LIT

Airbnb wooing city hosts

SHARING SERVICES

Advocate for regulations says move is surprising

May Warren
Metro | Toronto

Airbnb is making a recruiting pitch to potential Toronto hosts in the midst of calls for regulation of short-term rental services and concern about their impact on the rental market.

The site is offering first-time Toronto hosts a $250 bonus for registering their spaces through Wednesday.

The company is running a similar promotion in Vancouver, The Canadian Press reported.

"This promotion was designed to encourage more people to share their permanent homes on the Airbnb platform and help travellers experience Toronto through the eyes of locals," Airbnb spokesman Christopher Nulty wrote in a statement to Metro.

"We are actively engaged in conversations with Toronto policymakers to create clear, fair rules that allow regular people to continue sharing their homes with travellers around the world and using their earnings to help make ends meet."

Tom Slee, a member of the Fairbnb coalition, a group that's advocating for regulation around short-term rentals, said it's a surprising move by the company.

"Business is growing fast, and if their business is growing fast, you wouldn't think they'd have to pay to get new hosts," he said.

"Especially in Toronto, it's growing like crazy."

Slee, an independent researcher who has written a book on the sharing economy, said his research shows Airbnb listings in Toronto have jumped from about 5,000 to more than 10,000 in the last year.

The recruitment campaign may be an attempt to spread use around and attract more people who use it to occasionally rent out spare rooms, he said.

That way, he added, it's easier for Airbnb to "hold on to this picture of it being an occasional thing."

The Fairbnb coalition has raised red flags about the impact short-term rental services have on the rental market, particularly when hosts rent out entire units that otherwise could be leased by long-term tenants.

According to the company's recruitment ad, hosts must be located within 25 miles of downtown Toronto — with University Ave. and Dundas St. W. used as the central point.

The company is also hiring a press secretary based in Toronto to deal with Canadian media, according to an ad on LinkedIn.

A TTC streetcar passes the red carpet at the Princess of Wales Theatre in 2014. TTC staff wrote in a report that closure of the street "seriously affected" the quality of service. TORSTAR NEWS SERVICE FILE

TIFF

Street party has TTC worried

Despite TTC concerns that closing King St. during the Toronto International Film Festival will seriously disrupt the transit agency's busiest streetcar route, the city has decided to shut down five blocks of the road next month for a four-day street party.

Each fall since 2014, the city has closed King to allow TIFF to create "Festival Street," a temporary pedestrian promenade that features concerts, film screenings, extended restaurant patios, and food trucks. This year the street will be closed from Peter St. to University Ave. from Thursday, Sept. 8 to Sunday, Sept. 11.

In a 2015 report to the transit agency's board, TTC staff wrote that during previous closures, regardless of the agency's efforts to work around the shutdown, "the reliability, speed, and overall quality of service on the 504 King route were seriously affected."

TTC spokesman Brad Ross said the agency shared the same concerns with the city again this year, but "events like TIFF are bigger than us."

"While the TTC's focus is always on ensuring the best service possible for its 1.8 million daily riders, the TTC recognizes the importance of TIFF and Festival Street to Toronto. The TTC will do all it can to ensure transit service runs as smoothly as possible," Ross said in an email.

Mayor John Tory and the local councillor, Joe Cressy (Ward 20, Trinity-Spadina), support the closure. In an emailed statement, Tory spokeswoman Keerthana Kamalavasan said the city, TTC, and TIFF had developed an "extensive communication and mitigation plan" to minimize the street festival's impact on transit riders and other road users. The plan includes assigning police officers to intersections to help with traffic flow, and deploying TTC ambassadors to assist customers.

TORSTAR NEWS SERVICE

Tory turns up the heat over subway's 'hot cars'

Mayor John Tory is urging the TTC to speed up repairs to sweltering subway cars that have made commutes miserable for thousands of riders this summer, and he is sticking to his request that the transit agency reduce its budget.

For months, Line 2 — the Bloor-Danforth line — has been plagued by "hot cars" caused by broken air conditioning units on the TTC's older T1 trains.

Fielding questions from reporters at an anti-poverty announcement in Scarborough on Monday, Tory said the pace at which the TTC was dealing with the problem was unacceptable.

"I will say, I'm not happy with the status quo that's had us take as long as has been taken to get all the cars fixed in terms of their air conditioning," he said.

Roughly a quarter of the 370 cars on Line 2 are "hot," according to the agency.

TTC spokesman Brad Ross stressed that the TTC is "working as hard as we can" to cool the subways and has repaired 111 cars since last fall. Fixing a car's air conditioning can, he said, take up to 10 days.

TORSTAR NEWS SERVICE

Experience Virtual Reality with the best Samsung devices on Canada's fastest ranked network.[1]

Samsung Galaxy S7 edge

ONLY $349.99[2]

2-yr Premium Smartphone plan with data
$999.99 no term
SIM card charge ($10) may apply.

Samsung Galaxy S7

ONLY $199.99[2]

2-yr Premium Smartphone plan with data
$899.99 no term
SIM card charge ($10) may apply.

Samsung Galaxy S6

ONLY $0[2]

2-yr Premium Smartphone plan with data
$729.99 no term
SIM card charge ($10) may apply.

SAMSUNG
Gear VR

BONUS: activate select Samsung devices and get your Samsung Gear VR for only

$49.99[3]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell cool tech just got better

Get expert advice today.
Visit a Bell store near you:

AJAX
Durham Centre

ALLISTON
36 Young St.

AURORA
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
632 Yonge St.
Georgian Mall
SmartCentres Barrie S.

BOLTON
SmartCentres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
100 Great Lakes Dr.
Bramalea City Centre
Shoppers World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Center

COBOURG
Northumberland Mall

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

FERGUS
890 Tower St. S

GEORGETOWN
330 Guelph St.

GUELPH
5 Clair Rd. W
Stone Road Mall

LINDSAY
229 Kent St. W
Whitney Town Centre

MAPLE
Rutherford Marketplace

MARKHAM
7357 Woodbine Ave.
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E

MISSISSAUGA
980 Eglinton Ave. E
Creekside Crossing
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
SmartCentres Westgate
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Bayview Village
Centerpoint Mall
Fairview Mall
Lawrence Square
North York Sheridan Mall
Shops at Don Mills

OAKVILLE
478 Dundas St.W
Oakville Place

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Oshawa Centre
Oshawa Sobeys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
259 Morningside Ave.
Eglinton Square
Malvern Town Centre
Scarborough Town Centre

THORNHILL
The Promenade

TORONTO
120 Adelaide St. W
2256 Bloor St. W
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Crossroads Plaza
Dufferin Mall
East York Town Centre
Gerrard Square
Holt Renfrew Centre
Scotia Plaza
The Stockyards Mall
Toronto Eaton Centre
Yorkdale Shopping Centre
Yorkgate Mall

UXBRIDGE
307 Toronto St. S

VAUGHAN
Vaughan Mills

WHITBY
SmartCentres Whitby
Whitby Mall

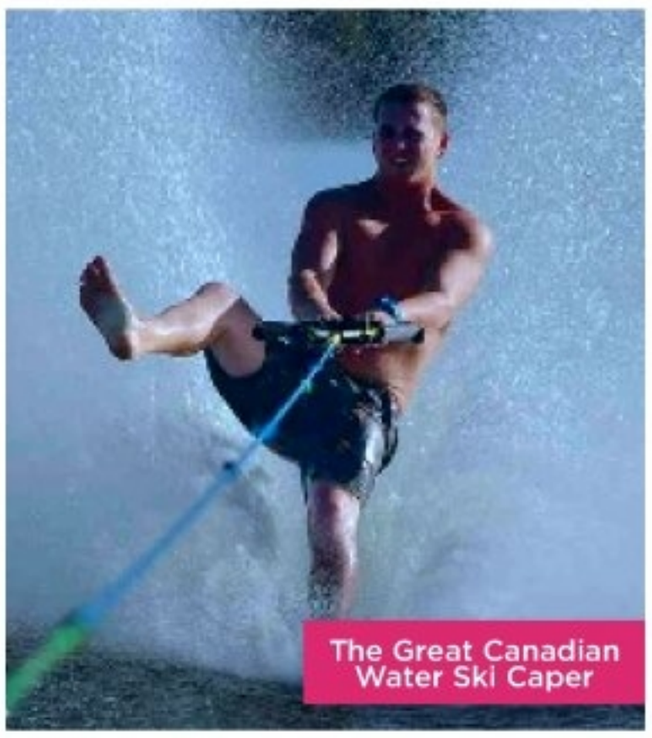
WOODBRIDGE
4080 Highway 7

Also available at:

THE SOURCE I WANT THAT

Offers end September 11, 2016. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge ($15) may apply. 9-1-1 government monthly fee in NL: $0.75, NS: $0.43, PE: $0.70, NB: $0.53, AB: $0.44, SK: $0.62, QC: $0.46. Taxes extra. Other conditions apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice, not combinable with other offers. (1) As ranked by PCMag. Reprinted from www.pcmag.com with permission. ©2015 Ziff Davis, LLC. All rights reserved. (2) With new activations or upgrades on the following plans: In AB, BC, NB, NL, NT, NS, NU, ON, PE, YT: $85/mo. ($60/mo. plan + $25/mo. for 1 GB data). In SK: $50/mo. ($45/mo. plan + $5/mo. for 1 GB data). In MB: $50/mo. ($45/mo. plan + $5/mo. for 1 GB data). In QC: $70/mo. ($60/mo. plan + $10/mo. for 2 GB data). Promotional pricing may apply. Visit bell.ca/rateplans for details. (3) While quantities last. With new activation on 2-yr Premium Smartphone plans with data. Samsung Galaxy S7 edge, Galaxy S7, Galaxy S6 edge are trademarks of Samsung Electronics Co., Ltd., used in Canada under license.

CNE



$6 AFTER 5PM*

ALL EVENTS **FREE** WITH ADMISSION!†

The Great Canadian
Water Ski Caper
Daily
Sept 1 (1:30 & 4:30 pm) & Sept 2 to 5 (4:30 pm)
CNE Waterfront

A Great Big World
with Repartee
Wed Aug 31

Ria Mae & Coleman Hell
with Jonathan Roy
Thurs Sept 1

CANADIAN NATIONAL EXHIBITION
AUG 19 TO SEPT 5 | 2016
LET'S GO TO THE EX! THEEX.COM
#CNE2016 Info Line: 416.263.3330

*Offer only available Mon - Thurs on site at CNE gates. Does not include Labour Day Monday.
†Does not include rides, food or games. All programs subject to change.

Kim Folarin (centre) and colleagues are manning a booth at Pearson to help new international students feel welcome. CONTRIBUTED

UofT grads welcome exchange students

EDUCATION

Group sets out to make city feel like home

Gilbert Ngabo
Metro | Toronto

Kim Folarin had family members pick her up from Pearson airport when she first arrived in Toronto as a student in 2014.

But apart from that, she said, she was left on her own to figure out the lay of the land — and everything quickly became a challenge.

"I couldn't figure out where anything was on campus and it was scary," said Folarin, who came from Nigeria to study for a master's degree in political science at University of Toronto.

For the first few months, she missed out on essentials such as the TTC student discount program, the school gym and yoga classes. She even paid to get her taxes filed, while the service was offered free of charge on campus.

Now that she's just graduated, Folarin is determined to help other newcomers take advantage of all opportunities available, right from the outset.

She's leading a group of students who've set up a welcome booth at Pearson airport, meeting students from different countries as they arrive for the start of a new school year and providing them with basic information about how to settle in and get to know the city.

"We don't know who is coming, and we just hold up signs and they come to us," Folarin said, noting the welcome staff includes people from a diverse mix of backgrounds to accommodate language and cultural needs.

"If somebody is from Istanbul and hears a staff speaking Turkish, it definitely makes them feel less intimidated," she said.

At the booth, newcomers are shown campus maps and told about different course programs available at UofT. They also learn about the school's student ID card, how it can be used, how to navigate the library system and how to make their way around the city in general.

"Some of them are a little shy but once they see us, the reaction is like,'Here we go, there's my school right there,'" Folarin said.

NEWCOMERS

U of T: 16,052.
About 5,000 new students are expected to enroll this year.

York: More than 6,000.
About 1,100 new students will register this year.

Ryerson: 2,200.
Over 800 new students are expected this coming school year.

CRIME

Autopsy details deaths of crossbow victims

Autopsy reports reveal one woman was strangled to death, one man killed by a crossbow bolt, and another by an arrowhead stab wound to the neck in last Thursday's triple homicide, according to police.

Brett Ryan is charged with three counts of first-degree murder after Thursday's midday crossbow attack that killed three people, two men and a woman.

"This investigation is very unusual," Det. Sgt. Mike Carbone said during a news conference on Monday.

Toronto police are looking to speak to anyone who may have spoken to the accused between 7:30 a.m. and 11:30 a.m. on Aug. 25.

Carbone said a fourth person, a witness, was also injured during the attack. The witness was transported to hospital and later released.

Just two hours after the bodies were found Thursday, police launched an investigation into a possible bomb threat at a Queens Quay condominium in downtown Toronto, ordering residents to evacuate. They called in the chemical, biological, radiological, nuclear and explosive team to investigate a suspicious package.

"At no time was there any danger to any member of the public," Carbone said Monday. He did not confirm the contents of the package.

Ryan, 35, has a criminal history of bank robbery and was dubbed "the bearded bandit" in 2009 after pleading guilty to eight counts of robbery and eight counts of disguise with intent to commit an indictable offence. He carried out the robbery spree wearing a false beard and bandages on his face, court records show.

The identities of the three homicide victims are under a court-ordered publication ban.

When making the rare request for a publication ban in court Friday, Crown prosecutor Dihim Emami did not tell the court why one was necessary. Justice of the Peace Grace Lau granted the publication ban, also without providing reasons.

Media will be challenging the ban this week.

Ryan made a brief appearance in court Friday and was ordered to remain in custody until his next court appearance set for Sept. 2.

TORSTAR NEWS SERVICE

Interac Debit on Apple Pay.
The easier way to pay.

Add your *Interac* debit card to
Apple Pay and pay with your own money.

Interac | Pay

Interac and the *Interac* logo are registered trade-marks of Interac Inc. Used under license.

City birds can't catch a beak

WILDLIFE

Urban flyers have harder time learning songs: Study

May Warren
Metro | Toronto

Life as a city bird is already pretty tough.

There are condo windows to avoid, light pollution and killer cats. Now, add to that noise that can make it nearly impossible to communicate with a friend, or worse, a potential mate.

Scott MacDougall-Shackleton, director of the Advanced Facility for Avian Research at Western University, has just published the results of a study that highlighted the problem.

Birds exposed to urban noises like cars, motorcycles and the occasional siren have a harder time learning songs, the study showed, and that could make it harder for them to attract one another for breeding.

Just as we learn how to speak "birds have to hear their own species and practice" in order to produce their species' normal sounds, the London, Ont., based researcher explained.

The study focused on baby zebra finches, which are native to Australia, because they are considered the "white lab rats" of songbirds. But, regardless of the songbird involved, the results are though to be universal.

And, anything that decreases the number being born, could have a trickle down effect, said Michael Mesure, executive director of bird advocacy organization Fatal Light Awareness Program (FLAP).

Songbirds, he said, do much more than just sing and look pretty.

They "eat billions of insects during the breeding season to feed their young," including pesky mosquitoes, and pollinate flowers.

Toronto has many songbirds, from cardinals to the yellow warbler that could suffer as a result of noise pollution.

"It's just sort of another nail in the coffin," he said.

Researchers studied the zebra finch, a bird native to Australia that can be found in pet stores because they are easy to breed in the lab. But they are interested in what the results mean for wild songbirds found in Toronto, such as white-throated sparrows, top left, yellow warblers, bottom left, cardinals, top right, robins, bottom right, and finches. TORSTAR NEWS SERVICE FILE

Matthew Johnson and Woofie RENE JOHNSTON/TORSTAR NEWS SERVICE

Trying to give a poor dog a clone

Cats might have nine lives, but Matthew Johnson is hoping to give his dog two.

Johnson, 37, is cloning his 20-year-old dog Woofie, with the assistance of a U.S. lab.

The Cedar Valley, Ont. resident got serious about Woofie living another life about five years ago, after she helped him through a bout of bacterial meningitis.

"I made a commitment in my head at that point that I'm going to clone my dog," Johnson told the Star.

"She pushed me through.

"I was dying and in palliative care for months. I had to learn to walk, talk and was all messed up. She was the only reason I didn't kill myself or let go."

Johnson admits that when most people hear about the $50,000 (USD) procedure, they think it's not worth it. (He's paid the fees in full.)

He also acknowledges that, while it's true there are dogs in shelters in need, he's got a special bond with his own.

"I'm not going to get a rescue dog and hope it will be the same dog; I'm going to clone it," he said. "I'm connected to this dog. I've had her for 20 years."

Dr. Surjit Jogar has been a veterinarian for 25 years and seen Woofie as a patient for the past six. He assisted Johnson in obtaining and FedExing her DNA samples — saliva, bloodwork and a skin biopsy — to an American lab where the cloning will proceed.

"They will make the clone from the skin biopsy, take out the genetic material from the cells and make a copy that will grow a pup," explained Jogar, who had never previously participated in an animal cloning procedure. "We're looking forward to seeing what it looks like in real life." TORSTAR NEWS SERVICE

Do you have diabetes?
Would you like to lose weight?

Join a diet study at St. Michael's Hospital.

You may qualify if you:

- have Type 2 diabetes treated with tablets (but not insulin)
- are overweight
- are in good health

Call the Diabetes Weight Loss Diet Study at: 416-867-7474 or 416-867-7475

St. Michael's
Inspired Care. Inspiring Science.

iMARKETING

CALL CENTRE SALES AGENTS NEEDED

NOW HIRING

EXPERIENCED SALES STAFF

- Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
- Flexi schedule for top performers
- Paid every Friday
- New state of the art call centre... great location
- Advancement opportunities
- Full time and Part time available
- Seniors and Students welcome

FLUENT ENGLISH IS A MUST! Melika.Namvar@imkgp.com
(416) 633-4646 Ext: 382

TORONTO MOBILE VETERINARY SERVICES

Follow Dr. Tina on YouTube

Professional & friendly veterinary care all in the comfort of your own home!!
We provide general, emergency and procedural services and much more!!
Open after-hours, weekends and holidays.

Call 647.389.4VET (4838) OR
visit www.tomobilevet.com for an appointment TODAY!!

fido

COOL PHONE, GREAT OFFERS.

GET
1GB
DATA BONUS
on select plans.

FREE
SPC CARD
Valid with a student ID.

2016/17
SPC

Offers subject to change without notice. **Phone at $0**. Offer ends September 19, 2016. Price shown with activation of a 2-year Plus15 plan. Early cancellation fees apply. Taxes extra. **1 GB Data Bonus**. Offer ends September 19, 2016. Available with all 1 GB and 2 GB in-market advertised plans. © 2016 Fido

Protests force cancellation of Energy East hearings

PIPELINE

Three rowdy protesters are facing charges

Protesters forced the cancellation on Monday of the first day of hearings in Montreal into TransCanada's Energy East Pipeline project with police making three arrests.

A spokesperson for the National Energy Board (NEB), the federal regulatory body reviewing the project, could not confirm as of Monday afternoon if Day 2 of the hearings would go ahead as planned Tuesday.

One man charged at the three NEB commissioners seated at the front of the room minutes before the hearings were set to begin but was grabbed by security officers.

"TransCanada will not pass," he screamed as police dragged him away from the downtown conference room.

A 44-year-old man and 29-year-old woman were charged with obstruction and released, while a 35-year-old man was charged with obstruction and assaulting a police officer and remained detained as of Monday afternoon.

Police originally said the 44-year-old was also charged with assault.

Montreal Mayor Denis Coderre, along with the mayor of nearby Laval and other municipal representatives, walked out of the hearings not long after the demonstrators charged in.

Coderre was the first person scheduled to give testimony Monday but chose instead to leave, calling the protests a "masquerade." He and many provincial politicians and First Nations groups oppose TransCanada's project to transport crude oil from Alberta to New Brunswick.

"There are too many problems we are witnessing to accept the project," Coderre told reporters after he decided to leave the hearings. "We're saying the project (TransCanada) presented is wrong, it's bad and we don't have the answers. And frankly one of the main issues is contingency plans, everything regarding safety." THE CANADIAN PRESS

A demonstrator is arrested after disrupting a public hearing into the Energy East pipeline project on Monday. THE CANADIAN PRESS

WINNIPEG

Trump bunny needs a home ... and a haircut

Stephanie Taylor
Metro | Winnipeg

Donald Trump and his namesake. CONTRIBUTED

The Winnipeg Humane Society is hoping to make one bunny's life great again.

Donald Trump is a fluffy blond rabbit turned over to the humane society's care at the beginning of the month, and as of Monday, he's available for adoption.

Just one look at him and it's easy to see why staff named the critter after the real estate mogul turned reality TV star turned controversial presidential nominee.

"It was the hair on him, really," communications director Kyle Jahns said Monday. "He just had a wackier … wild hairdo, which could have been molded in a similar Donald Trump fashion."

Jahns said the rabbit is sweet, even a bit shy, at first meeting.

"I don't think he's anything like the guy that's he's named after," he said.

BANGLADESH

Detained student may be closer to freedom: Lawyer

Tahmid Khan has been detained in Bangladesh for nearly 60 days, but a lawyer working with his family hopes the killing of an alleged Canadian terrorist in that country could bring the University of Toronto student one step closer to release.

Police in Bangladesh killed three suspected militants in a raid Saturday near Dhaka, the country's capital. Among those reportedly shot dead was Tamim Chowdhury, a Canadian-Bangladeshi citizen with suspected ties to Daesh. TORSTAR NEWS SERVICE

Helping develop medicines is something we take personally.
So we're inviting you to take part in a research study
and make a difference.

DETAILS

Current opioid users (eg, oxycodone, morhpine, heroin or codeine).
Male and female adults, 18 to 55 years old, who have used drugs recreationally by inhalation (snorting).
A screening visit, a qualification session, five 3-day in-clinic periods, and a follow-up visit.
You will be compensated up to $4225 for your participation.

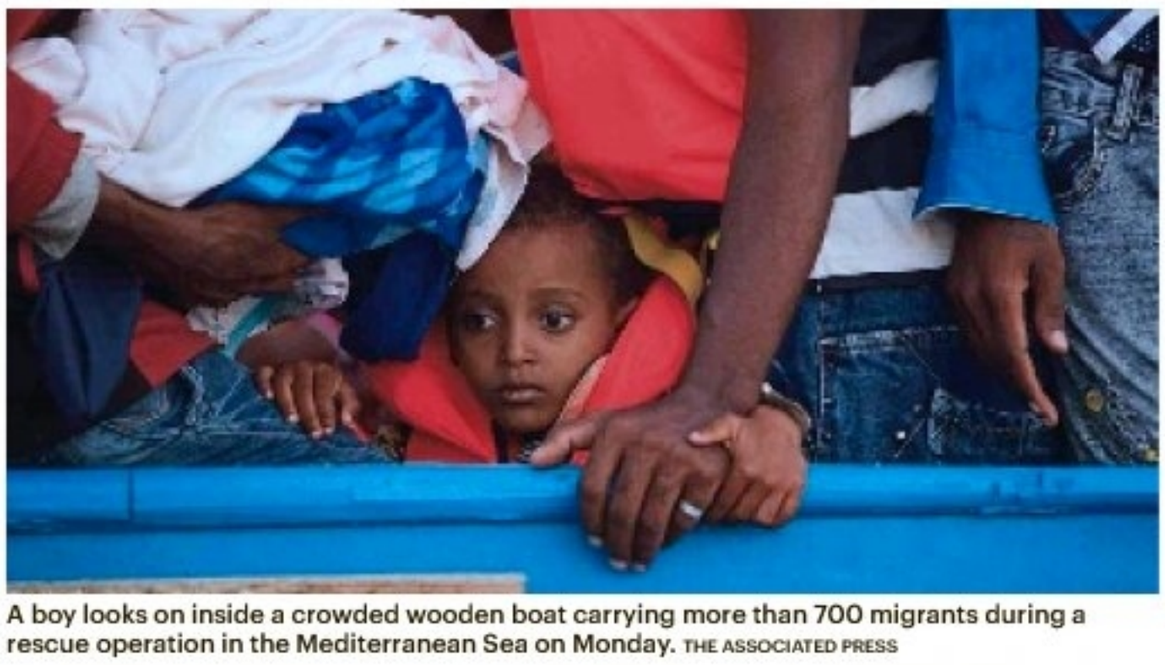
connect with us.

inc Research®
If you know someone who is interested in participating in a clinical research study, you may be eligible for a referral of $150.
www.studies4u.com • 1.855.633.8585 • 720 King Street West, 7th Floor

Thousands of migrants saved on risky sea route

LIBYA

NGOs rescue 3,000 people trying to cross Mediterranean



A boy looks on inside a crowded wooden boat carrying more than 700 migrants during a rescue operation in the Mediterranean Sea on Monday. THE ASSOCIATED PRESS

Italian naval ships and vessels from non-government groups rescued thousands of migrants off the Libyan coast on Monday, the latest surge in desperate attempts to flee to Europe driven by war, poverty, and human traffickers.

The dramatic operation took place just 21 kilometres north of the town of Sabratha in Libya. Groups such as Proactiva Open Arms and Doctors Without Borders helped take on some 3,000 people who had been travelling in some 20 small wooden boats.

In images and video by The Associated Press, migrants from Eritrea and Somalia cheered as the rescue boats arrived, with some jumping into the water and swimming toward them while others carefully carried babies onto the rescue ships.

Tens of thousands of Africans take the dangerous Mediterranean Sea route as a gateway to a better life in Europe, alongside those fleeing wars from Syria to Afghanistan.

Libya's chaos and lack of border controls have turned it into a migrant transit route.

In June, the European Union expanded its anti-smuggling operation in the central Mediterranean to include training Libyan coastal and naval forces, which are intercepting boats and returning migrants to Libya, where some are being held in abusive conditions.

Rights groups and experts estimate that there are about 3,500 migrants held in roughly 20 official detention facilities across Libya. Others are held in informal detention centres controlled by criminal gangs or armed groups. THE ASSOCIATED PRESS

VATICAN CITY

Mark Zuckerberg and Pope Francis meet IRL

Pope Francis has met with Facebook founder and CEO Mark Zuckerberg and Zuckerberg's wife, Priscilla Chan, at the Vatican.

Vatican spokesman Greg Burke says one topic of discussion at Monday's meeting was "how to use communication technologies to alleviate poverty, encourage a culture of encounter, and make a message of hope arrive, especially to those most in need."

The atmosphere appeared informal, with the chat taking place in the Santa Marta residence, the guest house in Vatican City where the pope lives.

Pope Francis shakes hands with Facebook's Mark Zuckerberg Monday. HANDOUT/AFP/GETTY IMAGES

Zuckerberg wore a dark suit and tie for the occasion while Chan wore a black, knee-length dress. THE ASSOCIATED PRESS

IN BRIEF

Clinton aide Abedin dumps Weiner over new scandal

Hillary Clinton aide Huma Abedin is done playing the good wife to Anthony Weiner, announcing Monday she is leaving the serially sexting ex-congressman after he was accused of sending raunchy photos and messages to yet another woman. THE ASSOCIATED PRESS

323 reindeer killed by lightning in Norway

More than 300 wild reindeer have been killed by lightning in central Norway. The Norwegian Environment Agency has released eerie images showing a jumble of reindeer carcasses scattered across a small area on the Hardangervidda mountain plateau. THE ASSOCIATED PRESS

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,

MALE OR FEMALE 18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from $1,000 to $4,000 depending on the length of the study.

BioPharma SERVICES INC. Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

Bring Back Your Youthful Glow

A leading facial aesthetics company is looking for patients who are interested in receiving a **complimentary facial filler treatment** during the week of September 18 – 23 in the west Toronto area.

All patient treatments will be completed by a **world renown plastic surgeon** at a training meeting for Canadian physicians to demonstrate the latest trends in facial filler injections.

If you are interested in participating, available for the **full week of September 18 – 23**, and meet the criteria below, please respond to this advertisement.

In your response email, please send 3 photos without makeup (left side profile, straight on, right side profile) with the age bracket that accurately describes you (35-39, 40-49, 50-59 or 60-69) to medicalresearch@iqbe.ca

In order to be eligible for treatment you must be:

- Between the ages of 35 and 69
- Willing to give consent to be filmed and photographed, and the outputs used for promotional and/or educational use
- Available the entire week of Sunday September 18 – Friday September 23 from 9am - 5pm

WEARABLE DEVICES

Fitbit makes exercise even more of a game

Fitbit wants to help you exercise more by making you think you're hiking famous trails instead of strolling around your neighbourhood. The new motivational feature, called Adventures, will be available to all Fitbit users through a free app update Monday.

The feature tracks the distance you've walked or run and maps it against actual trails, starting with three at Yosemite National Park in California. The Fitbit app will unlock badge-like images of trail landmarks — say, a scenic waterfall at mile 5 — as you progress. Other rewards include "fun facts" and health tips along the way. Fitbit will add other destinations, including the ability to "run" the course of the New York City Marathon.

One of Fitbit's most popular features has been its ability to let friends and family compare steps they've taken throughout the day. Fitbit says those who participate in such challenges tend to take 30 per cent more steps. The company says Adventures is designed to offer similar challenges even if people haven't assembled real-life groups.

The feature might help some users stick with step tracking and other fitness measures after the novelty wears off. People who keep using their Fitbits are more likely to tell their friends about them, and to upgrade to more advanced models themselves, analysts say.

THE ASSOCIATED PRESS

OLDER DEVICES

- Fitbit is updating the 2013 Flex and the 2014 Charge to bring them in line with what newer devices and rivals offer.
- Besides tracking steps and sleep, the Flex 2 and the Charge 2 will remind people to take breaks throughout the day.

Online auction company eBay is urging Canadian businesses to go on a letter-writing campaign demanding a legislated end to the labour dispute at Canada Post. THE CANADIAN PRESS FILE

eBay wants Trudeau to end dispute

CANADA POST

E-commerce giant urges businesses to write to PM

E-commerce giant eBay urged Canadian businesses on Monday to write to the prime minister and demand a legislated end to the labour dispute at Canada Post as a threatened work disruption was once again put on hold.

Launch of the letter-writing campaign came as contract negotiations between the Crown agency and its biggest union stretched into overtime.

While government officials expressed optimism that a 24-hour extension of the talks would break a months-long impasse over pensions and wages, small and medium-sized businesses have heard it before, said eBay Canada managing director Andrea Stairs.

"Negotiations are ongoing, but we don't see a solution coming down the pipe," Stairs said in a telephone interview.

"So we really felt it was time for the prime minister to get involved."

The letter, emailed to eBay sellers and addressed to Justin Trudeau's Langevin Block office in Ottawa, encourages the prime minister to "explore legislative solutions to the current situation" at Canada Post and warns that businesses are being harmed by uncertainty about whether parcels will be delivered.

"eBay sellers, like other small and medium businesses across Canada, have been dealing with this uncertainty for months," the letter states.

"We have been forced to adapt our businesses and make other shipping arrangements for our goods."

Talks continued over the weekend with the aid of a special mediator and threatened job action by the union's 51,000 members was halted under a 24-hour extension aimed at reaching a last-minute agreement before midnight Monday night.

THE CANADIAN PRESS

Unbelievable phones. Unbeatable plans.

WIND's Summer Phone Sale is now on. Get the Samsung and LG phones you want with an unbeatable plan on WINDtab.

SAMSUNG Galaxy Note5 $99 on WINDtab™

SAMSUNG Galaxy S5 neo $0 on WINDtab™

SAMSUNG Galaxy S7 edge $249 on WINDtab™

SAMSUNG Galaxy S7 $149 on WINDtab™

LG G5 $49 on WINDtab™

windmobile.ca true mobile freedom WIND

Learn more at windmobile.ca. Sale starts August 1, 2016, and is subject to change without notice. Eligible devices may be activated for $0 phones with WINDtab. WINDtab terms and conditions apply. Samsung, Samsung Galaxy Note 5, Samsung Galaxy S5 Neo, Samsung Galaxy S7 and Samsung Galaxy S7 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. LG and the LG logos are registered trademarks of LG Corp. and its affiliates. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

metro VIEWS
Your essential daily news
Tuesday, August 30, 2016

ROSEMARY WESTWOOD
in Vancouver

The B.C. Liberals' new climate change policy is a futile attempt to balance what's desperately needed with what's politically expedient — and it provides a perfect example of a society frozen in inaction

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: The environment.

Even those who don't often dream will likely have had this one: You are alone, and in danger. Some evil is about to fall, but you can't move or even scream. The doom approaches, and you're stunned, useless.

This, broadly, feels like our collective response to climate change.

Certainly, this is the moment of impending catastrophe. In just the last few weeks, one scientist predicted that "next year or the year after, the Arctic will be free of ice"; Rolling Stone magazine warned we've reached "the point of no return," that sea levels could rise 10 times faster than predicted, and suggested "historians may look to 2015 as the year when shit really started hitting the fan;" the small village of Newtok, Alaska, has voted to relocate as rising waters erode the town's land; global coffee production is estimated to be halved by rising temperatures; and a New York Times map of projected temperatures across the U.S. showed 100-degree-Fahrenheit days soaking the continent by 2100, like some deadly red dye.

Tossed into this whirlpool of bad news is the B.C. Liberals' much-anticipated climate change policy, providing a perfect example of a society frozen in inaction.

Released last week, it's a document written for gentler a time — or a time when we had time on our side. Tom-

If we all took climate change as seriously as we should, high carbon taxes would be politically expedient

Pierre Frappé-Sénécleuze, a senior advisor at the Pembina Institute, described it as "disappointing," but another equally apt word would be "useless." Premier Christy Clark is seeking to balance something desperately needed — the curbing of greenhouse gas emissions — with something politically expedient — the protection of gas prices at the pump, as well as "jobs" and the "economy."

B.C. Premier Christy Clark, back left, and B.C. Environment Minister Mary Polak plug in an electric vehicle before announcing the province's climate action plan in Richmond, B.C., on Aug. 19. DARRYL DYCK/HE CANADIAN PRESS

The carbon tax will remain frozen, instead of increasing by $10 per tonne a year, as the province's Climate Leadership Team recommended. Since the province is already off track in meeting 2020 emissions targets set in 2007, the new plan aims to keep a promise to reduce emissions by 80 per cent from the 2007 level by 2050, suggesting accountability is really only important a few decades from now.

The policy makes a few weak gestures to the future, said Frappé-Sénécleuze (like increased tree planting and electrical car charging stations), while missing two key opportunities: increasing the carbon tax and investing in renewable energy technology to drive economic growth.

Pitting climate change against the "economy" is a false dichotomy, he said, arguing green energy "is a trillion-dollar market, globally." While the policy requires that the liquefied natural gas industry reduce leaked emission and methane by 45 per cent by 2025, Frappé-Sénécleuze sees those as efforts to prop up an existing resource industry at the expense of developing new energy sources.

"Everybody right now is given a free cheque to pollute," Frappé-Sénécleuze said, and that "has a real effect and a huge cost to our children."

But not, necessarily, to us. And certainly not to the premier's political career. Whatever haunts Clark's dreams, it's clearly not climate change.

It should be obvious to us all that an insufficient amount of fear around environmental changes will be disastrous. But the B.C. Liberals aren't alone in their blasé response.

If we all took climate change as seriously as we should, high carbon taxes and big investments in renewables would be politically expedient.

It's not that we don't care about irreversible changes to the world that could wreak havoc on the food supply, force mass migration that would make the situation in Europe seem manageable, upend global trade and slap a foreclosure sign across Whistler Blackcomb. It's that we can't quite seem to care more about them then we do our current conveniences.

There are undoubtedly some people for whom a gas hike would be a genuine economic hardship (and the premier's own Climate Leadership Team suggested ways to mitigate that impact), but the truth is most of us could manage to pay more.

If we don't want to, than that's just our petty preferences. And if we continue to prioritize the status quo — out of sheer laziness, let's face it — then politicians will continue to offer limp policies, and we'll all get the apocalyptic future we deserve.

Tomorrow: What it takes to rent a place in Canada's most competitive market.

Feds' transit funding is big, so don't screw it up

TORY'S TORONTO
Matt Elliott

Municipal policy wonks in Toronto were dancing with joy last Tuesday after Prime Minister Justin Trudeau announced nearly $1.5 billion in funding for public transit and transportation infrastructure in Ontario.

I mean, it was a kind of subtle, barely perceptible form of dancing — policy wonks are, by nature, a reserved and nerdy bunch, unlikely to bust a move — but trust me: there was dancing.

Trudeau's announcement of new transit cash was exciting not just because it represents a big investment — $500 million will go to Toronto — but because it was so different from a typical transit funding announcement.

This wasn't a flashy event with an ambitious-but-hypothetical subway map hanging in the background. This wasn't a pledge to eventually advance some funds to support some project that won't be built for a decade or two.

This was cold, hard federal cash attached to an itemized list of mostly small and medium projects.

Few of these projects really lend themselves to ribbon cuttings. The list includes things like track replacement and the purchase of maintenance vehicles. There's some cash for bike sharing and support for measures that should make Toronto's streets safer for pedestrians.

Much of it is simply for maintenance of the existing transit system, the kind of thing that could prevent issues like we've seen this summer with the broken air conditioning on the Bloor-Danforth subway line.

It's the shift cities have been waiting for. Instead of swooping in to support projects when politically advantageous, there is now reason to be optimistic that the federal government is prepared to be a partner in supporting transit in Canadian cities.

If there's anything tempering my enthusiasm, it's concern that the decision makers at city hall won't take full advantage of the enormous opportunity this represents.

I'm worried Toronto will screw this up.

There are two ways that could happen. The first is the obvious one. The new money could be plunged into badly managed projects. As always, careful stewardship and accountability is critical.

The second way is more insidious. Instead of doubling down on this investment and putting more municipal cash into the maintenance, expansion and operation of the transit system, Mayor John Tory and Toronto city council could instead opt to use the infusion of federal money to offset spending that would have otherwise had to come from municipal sources.

In other words, this federal cash could, in a roundabout way, just be used as a way to keep Toronto's property taxes low.

For the last six years, that's been the dominant strategy at city hall. New revenues haven't built or maintained infrastructure. Instead, they've built an environment where politicians can continue to claim the lowest property taxes in the GTA. With a new federal partner, it's time to build something else.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Pokemon, just go: France wants to expel creatures in schools

Want to look buff? Erick Fleishman says there are three important keys to physical transformation: exercise, diet and sleep. And sleep is the most important. TORSTAR NEWS SERVICE

How to get Hollywood muscle

INTERVIEW

Trainer shares what's needed to get as buff as your screen idol

A short drive from Warner Bros. and Universal Studios in California, you'll find Eric Fleishman.

Herculean in size, he looks like an extra in Game of Thrones — but he just trains them. He's also worked with much of the cast of AMC's The Walking Dead. Now he's released a how-to manual and mobile app package called Hollywood Muscle.

Fleishman stopped in Toronto for the Canfitpro World Fitness Expo, how to go from weakling to warrior.

This interview has been condensed for clarity and brevity.

What's the key to physical transformation?

Three things: exercise, diet and sleep. Of the three, the most important is sleep. You'll hear many fitness professionals tell you that it's 90 per cent diet but they're not telling you the truth. But the magical element in the science of change that causes the physical transformation is sleep.

When it comes to physical transition, the hours before midnight are worth nearly twice as much as the hours after midnight. The version of you that goes to bed at 10 p.m. and wakes up at 6 a.m. is actually better looking and changes more than the version of you that goes to bed at midnight and wakes up at 8 a.m.

Let's talk nutrition for different body types.

When it comes to men, there are basically three options that I give all actors.

Option No. 1: I could turn him into what I call a "sleek ninja." I could take a normal-looking man and make him smaller, tighter, sinewy, very much like Bruce Lee. If your readers want to look like a sleek ninja, I would put them on a strict diet of egg whites, tuna, salmon, green salad. It would be a very lean diet with protein sources that encourage the body to be small but sleek.

> **I can make a normal guy look like Tarzan**
> Eric Fleishman

Option No. 2: "Lord of the jungle." I can make a normal guy look like Tarzan. Tarzan has broad shoulders, a small waist, increased pectorals that are high and flat on his torso, like two dinner plates. If they want to look more like Tarzan, I would add in some whole eggs to that diet, some chicken and occasional steak and some turkey.

Option No. 3: "The Incredible Hulk." This guy is massive, covered in muscle. The type of person you see walking down the street and you cross the road because you don't want to be near the person. I can give him excess physical relevance.

If they want to look like the Incredible Hulk: whole eggs, cottage cheese, steak, beef in general — those things would encourage size.

TORSTAR NEWS SERVICE

RESEARCH

Virtual baby simulators may increases teen pregnancy rates

Baby simulator programs are used around the world, often in hopes of preventing teen pregnancy — but a new study shows they might actually make girls more likely to have a baby.

The Australian research, published this month in the Lancet, found eight per cent of girls enrolled in a "virtual infant parenting" program had at least one birth, compared to four per cent of girls in a control group. Abortion rates were also higher, at nine per cent for the girls in the parenting program compared to six per cent in the control group.

"The program seemed to increase pregnancy, which is entirely the opposite of what we had hoped for," says lead author Sally Brinkman, of the Telethon Kids Institute at the University of Western Australia.

Brinkman's team followed several thousand girls from the ages of around 13 to 15 until the age of 20. The randomized controlled trial involved 57 schools in Western Australia. The program used by the participating schools is an Australian adaption of an American program from RealityWorks, which is geared towards pregnancy prevention. It involves an infant simulator — a doll that cries when it needs to be fed, burped, rocked or changed and tracks crying time, improper handling, and other aspects of infant care.

> **8 per cent**
>
> **The Australian research, published in the Lancet, found eight per cent of girls enrolled in the program had at least one birth, compared to four per cent of girls in a control group.**
> TORSTAR NEWS SERVICE

Brinkman says it's not clear why the program may encourage teen pregnancy, but her team thinks it could be because it's an enjoyable, engaging experience for the participants.

"You get quite a lot of attention when you take care of one of these virtual babies," Brinkman adds. "It definitely didn't seem to put the girls off."

Similar programs are delivered in dozens of countries, including Canada, but not always for pregnancy prevention.

In the Toronto District School Board, some schools use infant simulators as a teaching and learning resource for a high school course on raising healthy children, says TDSB spokesperson Ryan Bird. The course focuses on parenting skills, which an emphasis on maternal health, pregnancy, birth, and early child development.

Toronto parenting expert Alyson Schafer says both her daughters participated in a similar program at their high school in Newmarket for a parenting course, and found the infant simulator dolls an "unrealistic" experience.

But she says the programs can be a "leaping off point" for parents to have conversations at home about how their children feel about caring for the virtual baby. "Most teen pregnancies happen because teenagers want something to love, and they think that having a baby will give them the love they can't get from their boyfriend, or whoever," she adds.

TORSTAR NEWS SERVICE

Wilder blessed films with magic

OBITUARY

Mel Brooks mourns passing of collaborator and friend

Gene Wilder, the frizzy-haired actor who brought his deft comedic touch to such unforgettable roles as the neurotic accountant in The Producers and the deranged animator of Young Frankenstein, has died. He was 83.

Wilder's nephew said Monday that the actor and writer died late Sunday at his home in Stamford, Connecticut, from complications from Alzheimer's disease.

Jordan Walker-Pearlman said in a statement that Wilder was diagnosed with the disease three years ago, but kept the condition private so as not to disappoint fans. "He simply couldn't bear the idea of one less smile in the world," Walker-Pearlman said.

Wilder started his acting career on the stage, but millions knew him from his work in the movies, especially his collaborations with Mel Brooks on The Producers, Blazing Saddles and Young Frankenstein. The last film — with Wilder playing a California-born descendant of the mad scientist, insisting that his name is pronounced "Frahnken-SHTEEN" — was co-written by Brooks and Wilder.

"One of the truly great talents of our time," Mel Brooks tweeted. "He blessed every film we did with his magic & he blessed me with his friendship."

With his unkempt hair and big, buggy eyes, Wilder was a master at playing panicked characters caught up in schemes that only a madman such as Brooks could devise.

But he also knew how to keep it cool as the boozy gunslinger in Blazing Saddles or the charming candy man in the children's favourite Willy Wonka and the Chocolate Factory. His craziest role: the therapist having an affair with a sheep in Woody Allen's Everything You Wanted to Know About Sex.

> **One of the truly great talents of our time**
> Mel Brooks, tweeting about Gene Wilder

In 1982, while making the generally forgettable Hanky-Panky, he fell in love with co-star Gilda Radner. They were married in 1984, and co-starred in two Wilder-penned films: The Lady in Red and Haunted Honeymoon.

After Radner died of ovarian cancer in 1989, Wilder spent much of his time after promoting cancer research. He opened a support facility for cancer patients called Gilda's Place.

In 1991, he testified before Congress about the need for increased testing for cancer. Wilder is survived by his wife, Karen, whom he married in 1991.

THE ASSOCIATED PRESS

Gene Wilder died late Sunday from complications from Alzheimer's disease. TORSTAR ARCHIVE

Gene Wilder was known for his role in Young Frankenstein and Willy Wonka and the Chocolate Factory. TORSTAR ARCHIVE

CONNECT
Explore the Waters of the World
in the heart of downtown Toronto.
BUY ONLINE. SAVE TIME. and Money!
RIPLEYSAQUARIUMOFCANADA.COM
Ripley's AQUARIUM OF CANADA

metro SPORTS

Wayne Rooney will remain England captain but will be used as a deep-lying forward instead of a midfielder under new manager Sam Allardyce

Back in the Jays' nest

MLB

Navarro reacquired by Toronto in a waiver trade

Reunited and it feels so good.

That was the mood inside the visiting clubhouse in Baltimore Monday afternoon as jovial backstop Dioner Navarro made his return to the Blue Jays. The 32-year-old Venezuelan's locker was a magnet, as his former-and-once-again teammates stopped by to welcome him back into the fold.

Clad, as usual, in his pre-game soccer jersey, the affable catcher looked as comfortable as ever.

"It's like he never left," quipped manager John Gibbons.

NO RETURNS
Some fans are holding out hope but the Blue Jays said Monday that there is no way for fans who threw their hats on the field after Josh Donaldson's third home run Sunday to get their caps back.

The Jays reacquired Navarro — who played two seasons in Toronto before signing a one-year deal with the Chicago White Sox this off-season — Friday in a waiver trade.

He will serve as the backup to Russell Martin, providing an offensive upgrade on Josh Thole — R.A. Dickey's personal catcher — who was designated for assignment on Monday.

If Thole clears waivers, he is expected to be released and then re-signed by the Jays. He could then rejoin the team when rosters expand Sept. 1 and continue to catch Dickey's remaining starts. But if he is not added before the first of the month he is ineligible for the post-season roster. The trade for Navarro itself signals the club may opt to leave Dickey off the post-season roster as well.

On Monday, however, the focus was less on those roster machinations and more about hugs and high-fives.

"I was always a big fan, not just of the player, (but) the guy," Gibbons said. "He's one of those guys ... his teammates love him."

Navarro, meanwhile, said it feels "outstanding" to be back. He had one of the best seasons of his career personally in 2014 when he was the Jays' starting catcher. Then last season he was a complementary piece in the organization's first division title and playoff run in 22 years.

"I was in shock when (the trade) happened and I was happy two minutes later because I was going to an organization where I feel really comfortable and to a group of guys that I have a good relationship with," he said.

TORSTAR NEWS SERVICE

BAUTISTA AND DONALDSON SHOW THEIR MIGHT Jose Bautista of the Blue Jays celebrates after hitting his 16th home run of the season with Josh Donaldson on Monday night in a 5-1 win over the Orioles in Baltimore. Fresh off hitting three round-trippers on Sunday, Donaldson went deep again for his 34th homer of the year. Marco Estrada allowed one run and four hits with four strikeouts over seven-plus innings to improve his record to 8-6. GREG FIUME/GETTY IMAGES

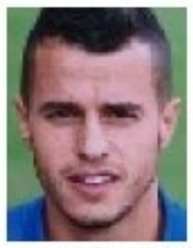
MLS

Giovinco out for 4 weeks

Toronto FC will be without Sebastian Giovinco for four weeks after the star forward suffered strains in his quadriceps and adductor.

Giovinco's injuries occurred in the second half of Saturday's 1-0 Major League Soccer home loss to the Montreal Impact.

Last season's most valuable player is having another MVP-calibre year. Giovinco has made 29 combined appearances between MLS league play and the Amway Canadian Championship, scoring 17 goals and adding 13 assists.



Sebastian Giovinco
GETTY IMAGES

Toronto FC also announced that midfielder Jay Chapman will be out three weeks with a medial collateral ligament tear and defender Ashtone Morgan is scheduled to undergo surgery on Friday for a stress fracture in his foot. Morgan is expected to be out of the lineup for six-to-eight weeks.

The timing of the injuries is unfortunate for Toronto FC. The club is challenging for the Supporters Shield for best regular-season record after going on a seven-game unbeaten streak before the loss to Montreal.

Toronto currently leads the Eastern Conference standings with 43 points. THE CANADIAN PRESS

U.S. OPEN

Raonic powers past 1st-round opponent

Canadian tennis star Milos Raonic advanced to the second round of the U.S. Open with a straight-sets win over Germany's Dustin Brown on Monday.

The fifth-seeded Raonic, of Thornhill, fired 15 aces to Brown's two and totalled 41 winners en route to the 7-5, 6-3, 6-4 victory.

The U.S. Open is the only major at which Raonic, a finalist at this year's Wimbledon, has yet to make at least the quarter-finals.

Milos Raonic
GETTY IMAGES

Earlier Monday, Vancouver's Vasek Pospisil earned his first Grand Slam victory of the year, downing Slovakia's Jozef Kovalik in straight sets, 6-1, 6-3, 6-3.

Pospisil reached the bronze-medal match in men's doubles at the Rio Olympics with Toronto's Daniel Nestor.

THE CANADIAN PRESS

IN BRIEF

Bosh releases video of him back on hardwood

Chris Bosh is back on the basketball court, dropping a big hint that he plans to try playing for the Miami Heat again this season.

Bosh released a video Monday on Snapchat of him going through a non-contact workout. It's the first time this off-season that he's revealed doing any on-court work. Each of his last two seasons were cut short by the formation of blood clots.

THE ASSOCIATED PRESS

NFL

Siemian to start at QB for Broncos

Trevor Siemian is Peyton Manning's successor.

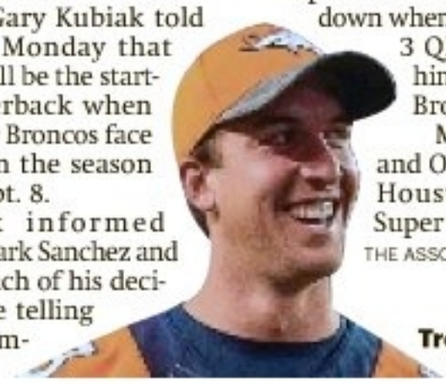
Coach Gary Kubiak told the team Monday that Siemian will be the starting quarterback when the Denver Broncos face Carolina in the season opener Sept. 8.

Kubiak informed Siemian, Mark Sanchez and Paxton Lynch of his decision before telling their teammates.

Siemian has just one NFL snap on his resumé, a kneel-down when he was the No. 3 QB last year behind Manning and Brock Osweiler.

Manning retired and Osweiler left for Houston after the Super Bowl.

THE ASSOCIATED PRESS



Trevor Siemian
GETTY IMAGES

APOLOGY

Sign 'an embarrassment'

Toronto FC says a sexually explicit sign posted by fans at BMO Field during the team's loss to Montreal on Saturday is "an embarrassment" to the club and its supporters.

The MLS club issued a statement Monday on its Twitter account apologizing for the sign and asked for fan assistance in identifying those responsible.

The sign, which was displayed in the stands, depicted a woman in Impact blue and a man in TFC red involved in a sex act.

Builder, racer, winner, Rheeder

MOUNTAIN BIKING

Canadian has scaled slopestyle mountain with win in Whistler

Laurie Wilson
Metro | Toronto

Brett Rheeder built his career from the ground up.

And the 23-year-old recently raised the roof on his stellar standing on the slopestyle mountain biking circuit.

Rheeder, who calls Mount Albert, Ont., home, won the Red Bull Joyride, the pinnacle of slopestyle with a dazzling run that left spectators and seasoned judges in awe.

It was "the best feeling in the world" for good reason, considering the frustrations he'd had on the course in the past.

"It was just like, 'Oh my god, I can't believe I did it,'" he said on a ferry from Nanaimo to Vancouver a few days after the Aug. 21 win. "What we work towards is doing runs like those."

In 2014 he finished third at the Whistler event proving himself as a perennial contender. Last year Rheeder landed in B.C. with the first-ever Crankworx Triple Crown on the line after winning the first two legs in Rotorua, New Zealand, and Les Deux Alps, France.

But on the day of the clincher, he didn't feel right. The historic implications, not to mention the physical and mental stress that comes with hurtling down the side of a mountain, got to Rheeder. He started as the odds-on favourite, but couldn't hold it together. He cracked and crashed, twice.

"The pressure for the Triple Crown was so immense that I actually got sick. Like, the day of the contest and it wasn't food poisoning, it wasn't a flu bug. It must have just been the stress and the pressure and I completely just crashed," Rheeder said.

"It's the hardest thing in the whole world to be able to block everything out and forget about all the nerves and the pressure."

Fast forward a year and after countless hours of practice and preparation, Rheeder executed a nearly flawless run scoring a 93 and earning the right to check a Joyride championship off his career bucket list.

"Right before my run, I was dealing with all the different s–t that's going on in your head and I was like, 'Alright, well I practised my ass off, I know that I can do every trick in the run,'" Rheeder said.

"If you do your homework right, then you have a better chance of landing your run, but it's also lots of mental stuff to be able to do a run like that."

His homework began on 88 acres of land in Queensville, Ont., about an hour north of Toronto.

Rheeder had a love for speed from a young age and was a cross-country bike racer before dirt-jumping "took over" his life.

Fortuitously, his father Sean owned a demolition business.

"I was able to build whatever I wanted, how I wanted with the machines so that's kind of how I got into it," Rheeder said of the dirt jumps that dot his family's backyard.

As the slopestyle community started to take shape across the country, Rheeder began competing against and developing relationships with athletes around the world.

His family relocated to Mount Albert where he still returns to to clear his mind before competitions. Of all the countries visited and slopestyle runs ridden, his backyard still ranks up there amongst his favourite places to be.

"I like the jump and I like to kind of keep cool and calm right before I have to be in Whistler (for Red Bull Joyride) so I just go home and hang out with family and friends and practise there," he said. "When I was younger all I wanted to do was get away from Ontario just because I wanted to be in the mountains and be close to mountain biking and I still do, but I really do appreciate growing up there because I know its qualities now. Now that I go back, I realize I was blind to it."

Rheeder recently purchased land near Vernon, B.C., where he plans to build a house and doubtlessly more jumps. He's currently shifting his sights to Red Bull Rampage which goes Oct. 14 in Virgin, Utah.

Brett Rheeder back flips off a jump at Red Bull Joyride on Aug. 21 in Whistler, B.C.

PHOTOS: JUSSI GRZNAR/RED BULL CONTENT POOL

> **The run I did, I was doing it all week and I practise it all year so that's just another day.**
> Brett Rheeder

QUICK Q&A

BEST DESTINATION

Queenstown, New Zealand is Rheeder's favourite international stop on tour.

"Actually everywhere in New Zealand is cool, it's kind of like Canada but you're so far away. The lifestyle's so laid back."

OLYMPIC DREAM

"I dream every single night of being an Olympic athlete."

Rheeder says he'd love to represent Canada on the world stage someday, but doesn't see slopestyle riding being adopted by the Games before his career is over.

FRONT FLIPS VS. BACK

"You've got to come into the jump leaning back kind of and then you grab your back brake and lunge forward, it's not a fun trick to do."

The physics-bending front flip Rheeder performs has a ridiculous degree of difficulty.

metro Spiritualist Forum

To advertise contact Ian March at 416-443-4388 Service Directory metro

FINANCIAL

SPIRITUALIST OMAR
Very Powerful Spiritualist, Medium and Healer with a Special Gifted Power to:
• Reunite loved ones, marriage and family.
• Help Prevent Divorce & Break up
• Good luck in finding lasting soul mates.
• Help with Serious Court cases.
• Lucky charm for individuals and business.
• Helps with children and family problems.
• Protection against enemies and evil spirits.
• Helps relieve negative energy.
Thank you Omar for bringing my boyfriend back to my life. We are in a much better place now...we no longer argue and he is very sweet and kind to me. - LISA
CONFIDENTIAL 100% Payment after results guaranteed
647-707-2315

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

MORTGAGES
1st, 2nd & 3rd Mortgages
Residential & Commerical
*Money Credited
Fast Approvals, Low Rates
Bad Credit? No Problem
*No Fees, *Free Appraisals
Debt Consolidation
*Terms & Conditions Apply TMACC Lic#10530
MORTAGO.CA
416.667.8996

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose.
• Refinance to 87%. Purchase to 95%.
• With rates at historic lows, now is the time to re-finance your home!
• Consolidate cards into 1 payment
• Self-employed? Stated income.
• Good and bad credit are welcome!
• Behind in Mortgage Payments?
WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11991

SRI SHIVA SHAKTI ASTROLOGER
INDIAN SPECIALIST PSYCHIC
MASTER: MAHA VISHNU
Predicts Past, Present & Future
I CAN SOLVE ANY PROBLEM WITH GOD BLESSING & SPECIAL PRAYERS
100% GUARANTEE
HEALTH * JOB * MONEY * HUSBAND-WIFE RELATIONSHIP
JEALOUSY * LOVE * STOP DIVORCE * ENEMY * PERSONAL
DEPRESSION * COURT * CHILDREN PROBLEM * BUSINESS ETC
Master in Removing Black Magic, Evil Spirits, Shaitaan
Obeya, Voodoo, Witchcraft & Gives 100 % Protection
647-716-9499
2578 HURONTARIO ST., MISSISSAUGA
LAA 204, INSIDE CASH N GO, OPPOSITE RBC BANK, QHW10 & DUNDAS

DEBT RELIEF
Are you drowning in debts?
• Consolidate debts, no interest
• Settle your debts without a bankruptcy
• Stop collection calls and garnishments
• Get rid of tax debts and court actions
NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
nona@rumanek.com
Rumanek & Co. Ltd. Licensed Insolvency Trustee,
Head office in North York, Ontario
9 Locations in Ontario

LEGAL

Sexually Harassed At Work?
Bullied At Work?
GET JUSTICE!
Call the law firm of
David J. Rose at 416-278-6544
to book an appointment.
www.sexualharassmentlawyer.ca

FINANCIAL

GET OUT OF DEBT!

CALL THE
Licensed Debt Professionals™

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

DAVID SKLAR, CPA, CIRP, LIT

Free Consultation 310-9200

DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee

HEAD OFFICE: 245 Fairview Mall Drive, Suite 720, Toronto, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

STEVEWELKER.CA

DEBT RELIEF WHEN YOU CAN'T REPAY

Free Advice
647-793-6411

CAN YOU REPAY YOUR DEBT ON YOUR OWN?

IF NOT, OUR SERVICES

- Stop: Collection Calls, Interest, Lawsuits & Garnishments
- Reduce Your Debt & Stress
- Don't Require Money Up-Front
- Consolidate Your Debt
- Bankruptcy Is Always The Last Resort

MAIN OFFICE:
1969 WESTON ROAD
Walker and Company Inc.
Licensed Insolvency Trustees

647-793-6411
Barrie | Brampton | Burlington | Downtown | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

TOO MANY BILLS... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough

KEVIN THATCHER & ASSOCIATES LTD.
Licensed Insolvency Trustee

905-273-6300 Mississauga • Brampton • Hamilton
1-888-329-5198 www.billfixer.com

FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS

Head Office: Rexdale, others non-resident

STOP COLLECTION CALLS

GET DEBT RELIEF NOW!

CALL ERIKA
(LICENSED DEBT EXPERT)

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

UP TO $1000 Loan

No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval

1-800-NEW-CREDIT (639-2733)

Brokers Lamina

DEBT RELIEF IS A CALL AWAY

We can reduce your debt into one monthly affordable payment. We have successfully helped 1000's of clients get a fresh start.

Maggie Madej
Licensed Insolvency Trustee

LET'S DISCUSS YOUR FINANCIAL OPTIONS
For a Free Evaluation Visit our Website **www.trustee.ca**

Sheriff Sale & Made Inc.
Licensed Insolvency Trustee

CALL FOR YOUR FREE CONSULTATION
1-844-GTA DEBT (482-3328)

HEAD OFFICE: 120-2001 SHEPPARD AVE E., TORONTO

EDUCATION

One Bursary, Two Qualifications

- Paralegal + Immigration Consultant
- Paralegal + Law Clerk

Ask about our $2000 Bursary

647.503.5254
AOLTORONTO.COM

Financial Assistance May Be Available To Those Who Qualify

The Academy of Learning Career & Business College is registered under the PCC act 2005 and operated by 1860155 Ontario INC.

MONEY PROBLEMS?™

Make one small interest free payment for all your DEBTS!

(416) 650-1100

gta credit
Five Convenient Locations:
Mississauga, Scarborough, North York, Brampton & Toronto
www.GtaCredit.com

YES, We Can
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Contact us for a FREE & CONFIDENTIAL meeting with Govt. Registered Counsellor

$750 Loan and more

No credit check

Open 7 days from 8 to 8 (EST)

1-855-527-4368

credit700.ca

Call us or apply online
www.credit700.ca

CAREER

Active Career Advancement Project

Are you an Internationally Trained Professional?

Are you interested in advancing to an alternative career that utilizes your skills?

The Active Career Advancement Project assists with career navigation through:

- Employment Guidance
- Personalized Coaching Services
- Financial Support *subject to individual assessment

Find out if you are eligible by contacting us at:

tel. 905.770.7040 ext. 232
www.acapcanada.ca acap.gta@success.bc.ca

We provide services at two convenient locations in the City of Toronto and York Region.

Pathways to **Possibilities** Parcours Vers **l'avenir**

NEW Intra Oral Level I & II Dental Assistant

ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.

North York: 647.360.7290
Downtown: 647.691.0922
ANDERSONCOLLEGE.COM

Anderson College of Health, Business and Technology is registered as a Private Career College under the Private Career Colleges Act, 2005 and is operated by 1860155 Ontario Inc. Not all programs are available at each location.

RECIPE Slow Cooker Beef Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You won't believe such complex flavours come out of such little effort. Thank your slow cooker for doing all the work for you, alright?

Ready in 8 hours, 20 minutes
Prep time: 10 minutes
Cook time: 8 hours, 10 minutes
Serves 4 to 6

Ingredients
- 1 lb ground beef
- 2 cloves garlic, minced
- 1 onion, diced
- 1 carrot, diced
- 1 celery stick, diced
- 1 can diced tomatoes (14 oz)
- 1 can chickpeas (14 oz)
- 1 can tomato paste (5.5 oz)
- 1 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp Worcestershire sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp dried mustard
- 1/4 tsp cinnamon
- Chopped green onion for garnish

Directions

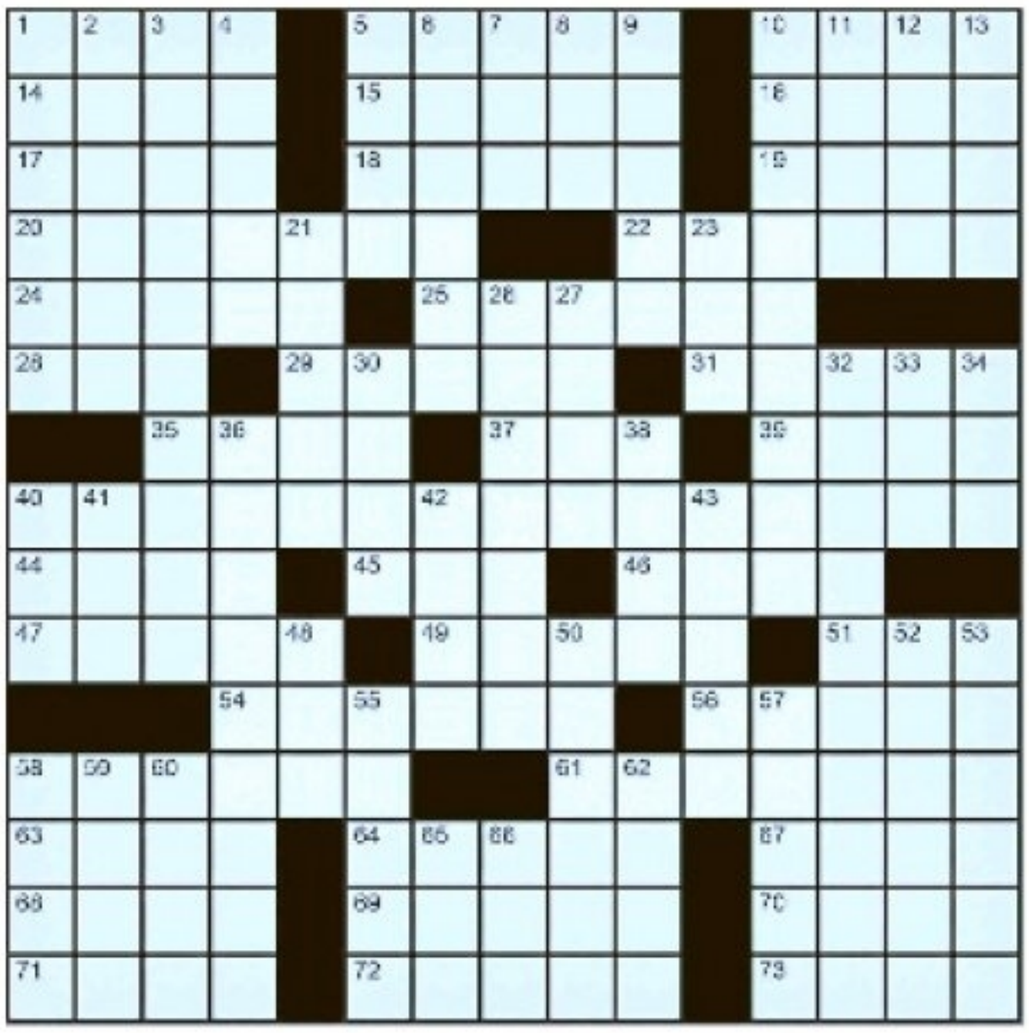
1. Place ground beef in your slow cooker and break it up with a wooden spoon. Add the rest of the ingredients and give the whole thing a big stir to blend.

2. Cook on low for 8 hours. Serve with some chopped green onion for garnish.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Come clean, _ up
5. Bar, in law
10. Bowler feature
14. Literary collection [abbr.]
15. Steam†bath
16. Vegas gambling alternative
17. Hollywood legend Mr. Grant
18. Chapel area
19. Poet's preposition
20. Wolfgang _ Mozart (b.1756 - d.1791)
22. Sinew
24. Satan
25. Measure
28. Yalie
29. Matter at hand
31. Plucked banjo string sound
35. Memo
37. Greg to Marcia, for short
39. "_ _ you five dollars that..." (Challenge opener)
40. Do this as a border guard at a Canada-USA crossing: 2 wds.
44. _ + The Mechanics ('80s band)
45. Definite article
46. Cod-like fish
47. Actress, Lara _ Boyle
49. "He doesn't know how to 'stay' _ '_' yet, but he understands 'walkie.'" ...said the new puppy owner to the dog trainer
51. Actor Alastair
54. Quadrant
56. Street in Quebec City, _ _ Sault-au-Matelot
58. Dar es _ (Tanzania city)
61. Title of Percy Bysshe Shelley's elegy for John Keats
63. Swanky
64. Stop driving
67. "_ _ _" (Response to "How are ya?")
68. "And _ _, and..."
69. Raring to go
70. Prefix to 'phony' (Harsh noise)
71. Tinted
72. Weaponize again
73. Chalcedony variety

DOWN
1. Window dressing
2. Manicurist's lacquer
3. Igor of classical music composing
4. British royal, to the press, when she first stepped onto the world stage in the early 1980s: 2 wds.
5. Old Testament twin
6. Dips for tortillas
7. King _
8. Bird _ _ Wire (1990)
9. Ex _ communications (Legal no-no)
10. Canadian canned sardines brand
11. Rip apart
12. Call _ question
13. Earth's night light
21. Upper crust
23. 'He is' in Montreal, Il _
26. Bring down/overthrow
27. Very dry
30. Faction
32. Royal Canadian Navy gig: 2 wds.
33. Born, bride-style
34. Lettered sports cars
36. _-_ sandwich
38. "_, _." (Hey, I just spotted you here)
40. Global currency org.
41. Nada
42. Norse thunder god
43. Medical prefix meaning 'Healing'
48. Perfume by Cacharel
50. Salt _
52. Complete nonsense
53. Canadian Arctic animal
55. Earthy pigment
57. Canned brand of Canadian chick peas
58. Carangid fish
59. Skipper's salute!
60. Queue
62. 'Lubri' add-on (Skin moisturizer brand)
65. Norma _ (1979)
66. Palindromic honorific

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a lovely, playful time for Aries! Accept invitations to party. Enjoy romance, entertaining diversions plus playful activities with children.

Taurus April 21 - May 21
Home and family are your primary focus today. Home repairs, plus redecorating projects, are on your mind. However, you might want to just cocoon today.

Gemini May 22 - June 21
Your daily pace is busy with short trips, discussions with everyone and increased reading and writing. Today you feel a strong need to be heard by someone.

Cancer June 22 - July 23
You have moneymaking ideas because you want to boost your income now. However, you also are buying beautiful things for yourself and loved ones. Yes, money is on your mind.

Leo July 24 - Aug. 23
The Sun, the Moon, Mercury and Venus all are in Leo! Yes, you will rule! This is a good day to ask the universe for a favor, because you just might get it.

Virgo Aug. 24 - Sept. 23
You prefer to work alone or behind the scenes today, because you feel somewhat withdrawn. You need a breather from the busyness of everything going on around you. (Gasp!)

Libra Sept. 24 - Oct. 23
This is a popular time for Libras! Enjoy interactions with others, especially in groups. Younger, creative people will appeal to you now

Scorpio Oct. 24 - Nov. 22
You make an excellent impression on bosses, parents and VIPs right now — and you can use this to your advantage. Ask for what you want. Get the approval you need. Try it!

Sagittarius Nov. 23 - Dec. 21
Travel and a chance to get further education or training are easy things for you to accomplish right now. Do anything to break free from your daily, humdrum routine.

Capricorn Dec. 22 - Jan. 20
This is a good day to ask for a loan or mortgage, because you can benefit from the wealth and resources of others at this time. Today, in particular, the Moon will help you even more so.

Aquarius Jan. 21 - Feb. 19
You have a strong focus now on partners and close friends. Things will flow along easiest today if you compromise with others. Cut someone some slack

Pisces
Feb. 20 - March 20
Act on your urge to get better organized, because this will please you. Co-workers are cooperative, that's for sure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

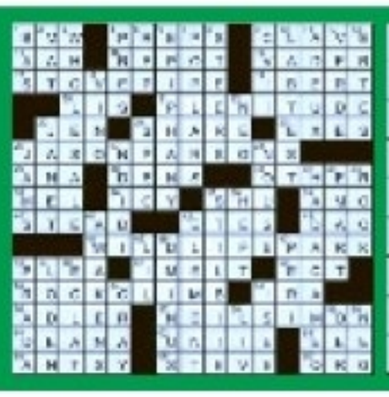
2				1				5
			5		6		4	
		8				6		
	7				5		6	1
1	2		4				7	
		1				9		
	3		9		4			
5			3					2

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	5	8	3	9	6	7	2	4
7	4	3	2	8	5	9	6	1
2	9	6	4	1	7	8	3	5
5	8	7	9	6	2	1	4	3
4	6	2	7	3	1	5	9	8
9	3	1	5	4	8	2	7	6
8	7	4	6	5	9	3	1	2
3	2	5	1	7	4	6	8	9
6	1	9	8	2	3	4	5	7

Step into ultimate comfort and style this fall with Geox, the shoes that breathe. Shop Geox Inspiration Shooties available in five colours, exclusively at tsc.ca*.

*Ends 6:59am ET on Wed. Aug. 31st or while quantities last.

THE SHOPPING CHANNEL™

Shop tsc.ca

1-888-2020-888

© 2016 Rogers Media Inc.